Thank you for reading Issue 35 of InterSEXion, the bilingual quarterly publication of the All Wales Sexual Health Network.

In this issue, we cover the launch of the All Wales HIV Network. This has been a particularly interesting piece of work to be involved in, as it has been created in partnership with a number of key stakeholders in Wales, alongside people living with HIV, in an effort to address the needs of both practitioners and the people living with HIV.

We also hear about Alcohol Brief Advice training for primary care practitioners. There are obvious links between alcohol intake and the increased chance of risky sexual behaviour; these links were further highlighted in the 2008 All Wales Sexual Health Network Annual Conference, therefore the introduction of this brief advice training is increasingly relevant.

The BASHH Wales Summer 2010 Scientific Meeting is reported upon. This was a well attended event and covered a varied and informative programme, and was also the first combined meeting of BASHH Wales and the Faculty of Sexual and Reproductive Health. We are also pleased to hear about the development of an LGBT youth information booklet in Cardiff, created by LGBT youth for LGBT youth. As always, it is interesting to hear about collaborative working in sexual health, and the All Wales Sexual Health Network welcomes articles about similar projects for future issues of InterSEXion.

In this issue, we also introduce a new section called ‘Research Topics’, where we highlight recent or current research topics from or about Wales. This issue hears about Sex and Relationships Education research being undertaken at the University of Glamorgan, and the findings of a PhD thesis by Dr Juping Yu into the sexual behaviour of young Chinese-British people. It is always interesting to hear about sexual health research, and we welcome future contributors to this section of the newsletter.

At this point, may I also highlight the preparations for the next All Wales Sexual Health Network Annual Conference. This will be on the theme of Teenage Pregnancy, and will be held at Glyndŵr University on Wednesday 16th February 2011. More details about this will be issued soon, but please keep checking the All Wales Sexual Health Network website for details about this and other events.

If you would like to contribute to future editions of InterSEXion, please email: adam.jones2@wales.nhs.uk. The deadline for submissions for the next issue is Friday 10th December 2010.

Adam Jones
All Wales Sexual Health Network Coordinator

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About the All Wales Sexual Health Network

The Network was set up in 2000 as part of the action plan to implement the Strategic Framework for Promoting Sexual Health in Wales, and is managed by Public Health Wales.

If you would like more information about the Network, please contact:
Adam Jones, All Wales Sexual Health Network Coordinator,
14 Cathedral Road, Cardiff CF11 9LJ.
Tel: 029 2022 7744
Email: adam.jones2@wales.nhs.uk

Don’t forget the Network’s website www.shnwales.org.uk
All Wales HIV Network Launches

Public Health Wales has today (10th September) launched a new HIV network, aimed at people living with HIV and professionals working with HIV in Wales. Resources provided by the All Wales HIV Network include a fully bilingual website www.HIVnetworkwales.org.uk which contains relevant news and events for Wales, information on the latest policy and copies of all current quality-assured publications and reports relating to HIV.

A service directory has also been developed and will be maintained by the network co-ordinator. The directory will provide information on a range of services and products for those living with HIV in Wales.

The Network will also support Positive Participation Forums which will be held quarterly across Wales. The forums will provide an opportunity for people living with HIV to channel information, issues and concerns for consideration and response from those working in HIV at a national level. In return, attendees will also learn about the development and delivery of services, strategies and actions relating to HIV in Wales.

Su Mably, Consultant in Public Health for Public Health Wales said: “The network is an excellent way to bring together service users and providers to facilitate a two way discussion about the way forward for HIV Services in Wales. “We firmly believe that, by working in partnership with each other, a unique approach to service delivery and policymaking in Wales will be created, capitalising on shared experiences and ambitions.”

Dr Marion Lyons, Consultant in Communicable Disease Control for Public Health Wales, stated: “More than 1,000 people are living with HIV in Wales and this number continues to increase. “One of the reasons for the increase is the better survival of those infected with HIV. So it’s important that this network exists to cascade relevant information to service users and allow those living with HIV to comment on and influence policy.”

Adam Jones, administrator for the All Wales HIV Network, says: “As part of further developments, I would particularly like to hear from professionals about what they would like to see on the All Wales HIV Network website. At present, we have a wealth of information and links for people living with HIV, but a smaller amount of content aimed at professionals. I welcome any comments from people working within the field on this matter.”

The All Wales HIV Network has been developed with support from organisations such as THT Cymru, Body Positive and AIDS Trust Cymru.

While developing the network, there was regular consultation with practitioners working in HIV treatment and HIV policy, as well as people who are living with HIV in Wales. It can be contacted via email to hivnetwork@wales.nhs.uk.

Alcohol Brief Advice Training for Primary Care Practitioners

Craig Jones, Public Health Practitioner (Alcohol), tells InterSEXion about Alcohol Brief Advice Training, which Public Health Wales will be offering to practitioners soon.

“The relationship between alcohol and society has a long history and is seen as part of our normal everyday lives. It is commonly associated with pleasure, but more recently as evidenced by published statistical data and reports from key health organisations, alcohol has become a serious and growing issue in the UK. Specifically, in the context of sexual health, one of the problematic outcomes of overindulgence of alcohol is an increase in higher risk sexual behaviour. This may be due to an increase in self-confidence or a reduction in a person’s inhibitions. This of course can become an issue when individuals have unprotected sex or perhaps do not recall their participation in sexual activity due to being inebriated. Further, and more worrying, is that people drunk may be any easier target for a sexual assault. The outcomes of this high risk sexual behaviour may be anything from an increased chance of unplanned pregnancy and picking up an STI.

A Profile of Alcohol and Health in Wales, published by Public Health Wales in 2009, provides a detailed analysis of the position in respect of alcohol consumption and harm in Wales. Worryingly, nearly 45 per cent of adults in Wales admit to consuming more than the recommended limits and 27 per cent admit to binge drinking. The comparison of alcohol sales with the reported alcohol use also suggests that people are consuming more alcohol than they estimate they are.

Alcohol consumption in the UK has increased over the past decade, as have deaths and diseases related to alcohol. The estimated health service cost in Wales of alcohol related chronic disease and acute incidents is between £70 million and £85 million each year.

To address the growing problem of harmful and hazardous alcohol consumption, Public Health Wales is rolling out an Alcohol Brief Advice training programme for Primary Care staff.

Brief intervention, provided in a teachable moment (i.e. a moment in which a patient is likely to accept the advice) to patients whose drinking habits have been identified, through use of screening questionnaires, as a possible cause for concern.

Brief advice is more than giving a client a leaflet and telling them to read it. Providing brief advice must have a structure and style that distinguishes it from simply advising a person to drink less. The provision of brief advice for alcohol misuse uses motivational interviewing techniques, but does not require specialist expertise in these techniques to guarantee effectiveness.

If any Primary Care staff are interested in finding out more or attending an Alcohol Brief Advice training course, please contact Craig Jones (Public Health Practitioner, Alcohol) via email at craig.jones@wales.nhs.uk

If you are not Primary Care staff but have an interest in Alcohol Brief Advice training, please complete the survey on the All Wales Sexual Health Network website, and information will be forwarded to you directly.”
The British Association of Sexual Health and HIV is a lead professional representative body for individuals practising sexual health, including the management of STIs and HIV in the UK. It focuses on innovative and tailored education and training to help care professionals and has a Wales branch, which was established in 2003. BASHH Wales organises an annual scientific conference which is usually in July, which is open to all individuals practising sexual health in Wales.

The Summer 2010 Scientific meeting was held at the Institute of Rural Affairs in Gregynog, where approximately 50 delegates enjoyed a varied programme. The meeting for the day was a joint meeting of BASHH Wales with the Faculty of Sexual and Reproductive Health. It was the first time the two organisations had had a formal scientific meeting.

The topics covered were a debate around adopting the BASHH MedFASH standards for the management of STIs - what would it mean for us in Wales. This was presented by Dr Ushan Andrady and Caroline Scherf. This lively debate is around the fact that these standards are for all agencies across the UK who deliver STI services, including the voluntary sector. A copy of the standards is available on www.bashh.org.

Dr Charlie Fleming presented some innovative work that has been going on in Gwent around assessing the risk of sexual exploitation in health care, focusing on child protection issues in sexual health clinics, and showed us a decision-making tool that they had been using in the area, which will be used across Wales in the future.

Marion Lyons, from Public Health Wales, updated us on the Sexual Health and Wellbeing Strategy for Wales, and focused on areas that will be targeted in the next few years. There will be some focused work around reducing teenage unplanned pregnancies.

Following lunch, the audience was delighted by a talk from Mr Pete Clarke from Terrence Higgins Trust, around the work that he had been doing working with sex workers, and gave us a graphic presentation around the use of the internet and commercial working.

The afternoon was concluded with three presentations from the Specialist Registrars in Genitourinary Medicine, focusing on interesting HIV cases.

The event was organised by Dr Olwen Williams, who is currently the Wales BASHH Chair, and any enquiries as regards future events should be made to Dr Williams, or if anyone is interested in becoming a member of BASHH, they can find details on the BASHH website.

Don’t forget the Network’s website www.shnwales.org.uk

### Welsh Integrated Sexual Health Meetings

Annette Schlaudraff is the founder of the Welsh Integrated Sexual Health (WISH) meetings, and here she explains the background to the meetings: “The Welsh Integrated Sexual Health Meetings started off as a teambuilding exercise at a local level that was supposed to introduce traditional GUM topics to staff that came from a contraceptive background and vice versa within the newly formed Integrated Sexual Health department in Swansea. The theme of the first meeting was “Integration happens in the mind”

The first meeting in 2008 was a great success and I realised that it would be a fantastic opportunity to make relevant teaching and networking across specialities and denominations available to a wider audience. WISH 2 and 3 saw an ever growing number of delegates from all over Wales and it is now an established biannual conference with national speakers, that alternates between Swansea (autumn) and Cardiff (spring) venues.

WISH 5 will see a new format for the first time. A first part of main lectures will be followed by small group teachings with 12-20 delegates in each group. Apart from breaking up the afternoon and enabling delegates to choose the subjects most relevant to themselves it is designed to facilitate the behavioural changes that work all need to undergo to some degree in order to adjust to the challenges created through the new ways of delivering sexual health care.

The afternoon meetings are followed by a dinner in order to facilitate networking, an essential part of looking ahead and changing the way we look at and deliver sexual health care in Wales.

CPD accreditation with the Royal College of Physicians and Faculty of Reproductive and Sexual Health will be applied for with each meeting and have so far always been granted.

I hope that WISH will play its role in promoting a true improvement of Sexual Health Care delivery in Wales. One that will see agencies from different backgrounds working together across Wales to provide a comprehensive service with regards to accessibility, choice and effectiveness that will bring with it a reduction in teenage and unplanned pregnancy rates, STIs and long-term morbidity resulting from these.”

You can find out more about the WISH meetings, including details of the next meeting, by visiting the All Wales Sexual Health Network website www.shnwales.org.uk.
**Guidance on sex and relationships education**

Updated guidance for use in schools in Wales is now available as a web-based document.

From September 2010, ‘Sex and relationships education in schools, Welsh Assembly Government Circular 019/2010’ replaces the previous circular, National Assembly for Wales Circular No 11/02.

The guidance circular provides information to schools on:
- developing their sex education policy
- planning and delivering their sex and relationships education provision
- working in partnership with parents/carers and the wider community.

The guidance is supported by supplementary materials to help schools in the delivery of their sex and relationships education programmes. The guidance circular and supplementary materials are available on the Welsh Assembly Government website: http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/arevisedcurriculumforwales/sexeducation/?lang=en

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**Research Topics**

**Sex and Relationships Education in Wales**

As part of a new flexible Personal and Social Education curriculum, Sex and Relationships Education guidance is being revised in Wales. Sarah Oerton and Anita Pilgrim of the University of Glamorgan have been interviewing key players about the revised policy, and looking at ways in which it could best be implemented. In this initial stage of the project we have spoken to a number of officers engaged in policy development from both education and health. A second phase of the project will undertake interviews with PSE and Healthy Schools co-ordinators and clusters of primary and secondary schools to discuss implementation of SRE in more detail. People whom Sarah and Anita have spoken to have welcomed the revised SRE and it is viewed as being of high quality.

Areas which the research has identified as relevant to thinking about SRE include:
- Ways in which SRE can be linked up to decrease rates of teenage pregnancy;
- Links to a number of other strategies:
  - WAG Child Poverty Strategy: teenage pregnancy is an indicator of child poverty!
  - Children and Young People’s Wellbeing Monitor
  - Local Children and Young People’s Plans - new guidance is being issued
  - Parenting Programmes (perhaps as part of Flying Start)
  - The Equality agenda, e.g. the UNCRC - the right to sex education
  - Issues around the early sexualisation of young girls;
  - Difficulties in translating good policy into effective practice;
  - That SRE is not delivered in the same pedagogic ways as teaching which happens outside PSE, it is not about knowledge as in information, but knowledge as in process (changing praxis);
  - The transition between Key Stage 2 and Key Stage 3 (Primary to Secondary school)

If you are interested in participating in the research, or would like more information, please email or telephone Sarah oerton@glam.ac.uk (01443 482852) or email Anita anpilgrig@glam.ac.uk

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**Teenage sexual behaviour, sex education and overseas ethnic Chinese young people: What do we know?**

Juping Yu, Post-Doctoral Research Fellow at the University of Glamorgan, writes about her research into young Chinese-British people and their attitudes to sexual behaviour and sex education. For further information, please email Dr Juping Yu: jyu@glam.ac.uk

Following the completion of my PhD at the University of Stirling a few years ago, I moved down to Wales to work. I would like to share findings from two of my recently published review articles with colleagues working in the field of sexual health in Wales. The reviews included my own doctoral research which explored the social and cultural influences on the attitudes to sexual behaviour of Chinese-British teenagers living in Scotland and many other studies carried out worldwide.

In the first article, I reported on a review of the current literature on school sex education and the role social factors play in teenage sexual behaviour. This paper argues that school on its own cannot provide sufficient guidance to change teenage sexual behaviour, as school, family, religion, peers and media all have their part to play. Young people may not receive as much sex education from their parents as they do from schools, friends and media, but positive impacts of parent-child communication about sexual values have been suggested. Developing effective sex education programmes is challenging due to the complexity of teenage sexual behaviour and the difficulties inherent in conducting research to evaluate their effectiveness. However, consideration of this education within the social and cultural contexts in which teenagers shape their sexual behaviour would be potentially significant to the development of sex education policy and sexual health services for young people.

There remain cultural and ethnic differences in teenage sexual behaviour. In the second article, I reported on a systematic review of sexual attitudes and behaviour among ethnic Chinese young people living in western countries. Results from exiting literature show that these young people reported poorer sexual health knowledge than white counterparts in their host countries, while they were found to be more likely to disapprove of uncommitted sex, be virgins, lose their virginity at a later age, and have fewer sexual partners. Being Chinese was reported as an important protective factor from sexual initiation, but other factors, such as peer influences, family interactions and religious beliefs, were also found to have contributed to the differing formulation of their attitudes and behaviour.

Poor knowledge of sexual issues among this group of young people may result in their increased risk of contracting sexually transmitted infections and getting unwanted pregnancies. Countries like the UK have become multicultural societies with many diverse ethnic groups. There is no doubt that educators and sexual health professionals need to provide sex education and its associated services which should be culturally appropriate to people from diverse ethnic backgrounds. An understanding of their sexual values, sexual behaviour and associated factors is the first step towards achieving this goal.

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*References*
ALL WALES SEXUAL HEALTH NETWORK ANNUAL CONFERENCE 2011 ‘Teenage Pregnancy in Wales: Implications and Interventions’

Following a meeting of the All Wales Sexual Health Network Advisory Board in July 2010, it has been decided that the 2011 Annual Conference will take place on Wednesday 16th February at the Catrin Finch Centre, Glyndwr University, Wrexham.

It will focus on the theme of Teenage Pregnancy. The conference will be a source for networking, sharing examples of good practice, highlighting current policy & strategy work and informing the wider audience about the factors influencing the chosen theme.

For the first time, we are inviting practitioners to submit abstracts for oral presentations, workshops and poster presentations around the following example topic areas:

- **Topic Area 1:** ‘The role of Sex and Relationship Education in prevention of unwanted teenage pregnancy’
- **Topic Area 2:** ‘Methods taken to reduce teenage conception rates in local areas (for example local innovations, multi-agency approaches)’
- **Topic Area 3:** ‘How best to engage with young people affected by/potentially affected by teenage pregnancy’
- **Topic Area 4:** ‘The consideration of cultural differences in approaches to managing and preventing teenage pregnancy.’
- **Topic Area 5:** ‘Working and engaging with teenage fathers.’
- **Topic Area 6:** ‘Issues of stigma and discrimination around teenage pregnancy.’
- **Topic Area 7:** ‘Risk factors increasing the likelihood of teenage pregnancy’

Suitable abstracts will also be considered for topic areas not addressed by the above list.

Further information about the abstract submission process will be available on the network website shortly and via email to registered members of the All Wales Sexual Health Network. Further information is available by emailing adam.jones2@wales.nhs.uk.

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**FPA training The Basics of Contraception**

17-18 November 2010

**17-18 November 2010**

This introductory course is for professionals who wish to gain an understanding of contraception and the skills needed to communicate about it. The course provides in-depth, non-clinical information about all forms of contraception. For more information contact Helen Shipley on helens@fpa.org.uk or 0845 122 8661.

**Sexual Exploitation: What Young People need from their Healthcare Professional**

14th October 2010

SWALEC Stadium. Sophia Gardens
Cardiff CF11 9XR

Aneurin Bevan Health Board have organised this UK Conference on Sexual Exploitation, aimed at all healthcare personnel working within sexual health.

The event will feature speakers from Gwent and Sheffield Sexual Health Services, Barnardos, the Home Office and CEOPs. Full details can be found on this flyer.

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The cost to attend is £150 per delegate, which includes lunch and refreshments. For further information, please contact Kim Leonard on 01633 623720 or email kim.leonard@wales.nhs.uk.

**STIF Course**

27th October 2010

Conference Centre, Llanfrechfa Grange
Cwmbran NP44 8YN

The aim of the course is to equip participants with the basic knowledge, skills and attitudes for the effective management of sexually transmitted infections (STIs) outside the GUM setting.

It is highly recommended that delegates study on appropriate modules in e-Learning for Health before attending. This will entail around 5 hours of study. Further information about the modules will be provided by the course organisers 4 weeks before the course commences. The course will be equivalent to 7 continuing professional development ‘points’.

Course fee (includes Lunch & Coffee/Tea): £100

Please contact janet.campbell@wales.nhs.uk for further information. Application form and flyer are available on the All Wales Sexual Health Network website.